ABSTRACT OF THE DISCLOSURE

When audio and video data are transmitted in real-time over a network, a transmission bit rate is controlled depending on the congestion of the network. According to a conventional bit rate control process, the present bit rate is increased or reduced based on the difference between a target value for an amount of data and an observed value of the amount of data. Even if the network is in a steady state, the bit rate is not converged, but is continuously oscillated, tending to deteriorate the quality of transmitted audio and video data. Whereas the bit rate is controlled by only an integral circuit according to the conventional bit rate control process, a bit rate control process according to the present invention is performed using a combination of a proportional circuit and an integral circuit, making it possible to converge the bit rate and hence to prevent the quality of transmitted audio and video data from being lowered due to oscillations of the bit rate.